

Leaders Do It Charitably

This section is devoted to ways to carry on the mission of service that inspires so many LDI graduates. As we learn of opportunities to lead by the example of service, we will highlight them. The opportunities highlighted here are not endorsed by OA or the LDI but seem like a pretty good idea to us.

Know of an upcoming opportunity to serve? Let us know and we'll pass it on!

Board Briefs for November 21, 2013

- We are 106 members strong! Alumni who are not current members are encouraged to support the LDIAA by joining. It's a bargain, and we have regional areas (outside Harrisburg) planning an event or two local to those geographic areas.
- Are you technology-savvy? Have a desire to support LDIAA? Who are you and how soon can you help? Is social media meaningful in your life? **Watch for a very important survey** ... your answers will help the Board figure out where to go, technologically speaking.
- Whether fond of technology or not, separate from wanting back-up support for the web site, the Board would appreciate volunteers who can assist with support for our educational committee efforts and Treasurer. (Check out the membership section of this Newsflash)
- Need a reason to read? An excuse to network? Join the book club! See the book club schedule in this issue for full details.
- No Board Meeting in December... so Happy Holidays from the LDIAA Board... But we hope we'll see YOU next year!!



Food for High Achieving Individuals



November Greetings to you all. This season, which includes the Thanksgiving holiday, reminds me to practice radical appreciation. It reminds me of a favorite quote from Robert Louis Stevenson, *"Keep your eyes open to your mercies. The man who forgets to be thankful has fallen asleep in life."*

This month we travel to the great "Land Down Under".

I have always been fascinated with Australia - particularly the animals.



My grandmother went to Australia and New Zealand when I was a kid and brought me back a stuffed Koala.



It had actual HORRORS!

fur- I hope a Koala didn't have to die so I could have a stuffed toy.

A friend who went to Australia tells me kangaroos are so plentiful they're like pests down there. They're often hit by cars and lie along the road. I wonder if AussieDOT has to go out and pick them up?

I don't know much about what they eat down there beyond "shrimp on the barbee". I assume it's heavily influenced by English fare, but let's find out together, shall we? Starting with breakfast, we might have an Aussie Breakfast Fry-up. The recipe provider states that the Australian version of bacon and eggs includes a serving of baked beans- the most famous brand being Heinz. (Editor's note: from our beloved Pennsylvania city- Pittsburgh! I just still can't see baked beans as breakfast food. I guess that's not very adventurous!) She says, "Some restaurants will go to the trouble of making their own beans but I, like every other Australian, found these ones in a can -- just as nature intended."

Aussie Breakfast Fry-up

Ingredients:

- 4 large free-range, organic eggs
- 6 rashers of smoked bacon (Editor's note: I believe that a "rasher" is equivalent to a slice)
- 4 slices of whole wheat bread
- 1 can of baked beans
- butter for the toast



Directions:

1. Place the baked beans in a medium pot over a moderate heat. Bring to the boil, then reduce heat and gently simmer.
2. Meanwhile, fry the bacon until desired crispness and then drain on paper towels.
3. Fry the eggs last in the same pan used to fry the bacon.
4. Toast the bread and spread on the butter. Place the eggs on top of the toast and add the bacon and a side of baked beans.

For lunch, on our tour, we could have Cottage Pie. They definitely eat a lot of this in England!

Cottage Pie

Ingredients:

- 400 grams of lean ground beef (Editor's note: the trusty metricconversions.com converted this to .881849 pounds. Unless you are truly anal- in which case this column likely drives you NUTS- you could get away with using one pound!)
- 1 medium white onion, diced
- 3 cloves of garlic, minced
- 2 stalks of celery, diced
- 2 medium carrots, diced
- 1 cup of frozen peas
- 2 Tablespoons of olive oil
- 1 teaspoon chili flakes
- 1 Tablespoon of tomato paste
- 1 large can of tomatoes, roughly chopped
- 2 Tablespoons of chopped parsley
- 5 large yellow potatoes, peeled and quartered
- 2 teaspoons sea salt, divided
- 1 Tablespoon butter
- 1/4 cup of milk
- 1/2 cup grated Parmesan cheese



Directions:

1. Pre-heat the oven to 350F.
2. Peel the potatoes and cut them into small chunks and put them in a pan with enough salted water to cover.
3. Boil potatoes until soft.
4. Drain and then add 1 teaspoon of salt, the butter and milk.
5. Mash the potatoes, then cover and set aside.
6. Heat the olive oil in a large frying pan.
7. Add the onions and fry until translucent.
8. Add the garlic and chili flakes. Fry for 2 minutes.
9. Add the celery and carrot and fry for another 5 minutes.
10. Add the ground beef and fry for 5 minutes making sure you break up the clumps.
11. Add the salt, tomato paste and chopped canned tomatoes.
12. Add about 1/4 cup of the liquid from the tomatoes and stir.
13. Add the parsley and stir well.
14. Turn the heat down and let the beef simmer gently for about 10 minutes allowing for some of the liquid to reduce.
15. Add the peas and cook for another 3 minutes.
16. Spoon the beef mixture into greased baking dish(es).
17. Gently top with mashed potato.
18. Grate on some parmesan cheese.
19. Bake the pies for 15 minutes.

Yummy!

Damper is traditional Australian sweet bread. This recipe provider suggests serving slices of hot damper with butter, sliced banana and a dash of dark maple syrup. She guarantees that it's heavenly!

Apple Cinnamon Damper

Ingredients:

- 3 cups self-rising flour
- 1/2 teaspoon sea salt
- 1 teaspoon white sugar
- 1/2 cup chilled butter, cubed
- 1/4 cup of packed brown sugar
- 1 1/2 tsp of cinnamon
- 2 Gala or Pink Lady apples, grated (**Editor's note: if you have never tried Pink Lady apples, do yourself a favor and get some. They are delicious!**)
- 1 egg white, beaten
- 1/2 cup of milk
- 1/2 cup of cold water
- 1 banana, sliced when serving

**Directions:**

1. Pre-heat the oven to 350F.
2. Grease a baking tray and line it with baking paper. Lightly grease the baking paper. Set aside.
3. Mix together the flour, salt, sugars and cinnamon in a bowl. Use your fingertips to rub butter into flour mixture until the mixture resembles small breadcrumbs.
4. Add the grated apple and mix well with a wooden spoon.
5. Add the milk and 1/2 cup of cold water to flour mixture. Stir with a wooden spoon until the mixture forms a sticky dough. Add a little extra water if necessary to moisten the dough slightly.
6. Turn the dough onto a lightly-floured surface. Gently knead it until it's just smooth -- about four times.

7. Shape dough into a 15-20cm round. Place the round on the prepared baking tray.
8. Rub some flour on a sharp knife and score top of damper into 8 wedges.
9. Bake for 1 hour and 10 minutes. Tap the bread and if it sounds hollow, it's ready.
10. Let the bread stand on the tray for 5 minutes and then place it on a wire rack to cool.
11. Slice and serve with butter, banana and maple syrup.
12. Store the damper in an airtight container for up to a week. It can also be frozen and toasted.

That's all for this month! Please join me next month when we learn about **South American** culinary treasures AND find out what the theme for next year will be. **Send me those recipes as soon as you can! I will be forever grateful to you to not have to come up with them all on my own.** Please send recipes to dereihart@pa.gov. Hurry up and do it now so you



! -Debbie

UNTIL NEXT MONTH- KEEP ON DISHIN'!

Getting To Know: You

This Newsflash column highlights the Board and the LDIAA membership – and it will be back next issue to spotlight another LDIAA-er...

... it might be our chance to get to know... **YOU!!!**

Alumni Updates!

LDI 20th Anniversary Conference

We had a truly incredible response to the LDIAA 20th Anniversary Conference and we are gratified to hear so many positive comments from so many of you who attended.

More comments on the Anniversary Conference:

Linda Kemble, class of 2011, says, "Good afternoon, Linda & Beth! I wanted to take a minute to thank both of you for planning such a wonderful 20th year LDI Celebration. The speakers were great and the facility was a perfect location. - Kudos to you and your committee for a good day of networking and leadership support. You both are fabulous leaders!" "I especially loved [Kathy Pape] from Punxsutawney. . . . She was just so very cool!"

In addition to the gifts of leadership, networking and camaraderie... We also gave away a lot of great door prizes! One of them was a registration for the **Pennsylvania Conference for Women held November 1, 2013 in Philadelphia, PA.**

The winner of that prize, **Carol Noll**, Class of 2002 told us, "I had a wonderful day at the PA Conference for Women and found it to be very interesting to be surrounded by over 7,000 other professional women! The overall message from all the speakers, in my opinion, was to be the best that you can be. Supporting that theme, speakers talked about working hard, building and using your network, being persistent, having passion for what you are doing, showing compassion for others, making a difference, embracing self-improvement (e.g., body language), practicing active listening, and cracking the glass ceiling. It was an exciting day and I would like to thank the LDIAA for sending me!"

We are so pleased you enjoyed the day, Carol... we know several LDI grads also attended the sold-out conference in Philadelphia, PA. We heard from some very powerful women from all walks of life. Hillary Rodham Clinton and Madeleine Albright were there, but we also heard from [Judge Glenda Hatchett](#) about overcoming obstacles and writing your own story, [Sally Krawcheck](#), who has worked to turn around troubled businesses, such as Smith Barney and Merrill Lynch, and from [Linda Cliatt-Wayman](#), principal of Philadelphia's Strawberry Mansion High School who is replacing despair with hope in what had been labeled as one of the most dangerous schools in the country.

